



Grant County Health Department
111 South Jefferson Street Floor 2
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(608) 723-6416

Volume X Issue VI

COMMUNITY EDITION

June 2009

Men's Health Week is June 15-19

Daily Steps to Health

- **Don't Smoke.** If you do smoke, talk to your doctor about quitting. Your doctor or nurse can help you. And, you can also help yourself. For tips on how to quit, go to: You Can Quit Smoking Now. <http://www.smokefree.gov>. To talk to someone about how to quit, call the Wisconsin Quitline: 1-800-QUIT-NOW.
- **Be Physically Active.** Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week.
- **Eat a Healthy Diet.** Eat more fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; include lean meats, poultry, fish, beans, eggs, and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- **Stay at a Healthy Weight.**
- **Drink Alcohol Only in Moderation.** If you drink alcohol, have no more than two drinks a day.



Screening Tests for Men: What You Need and When?

Screening tests can find diseases early when they are easier to treat. Talk to your doctor about which ones you need and when and how often you should be tested.

- **Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>.
- **High Cholesterol:** Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if:



1. You have diabetes.
2. You have high blood pressure.
3. Heart disease runs in your family.
4. You smoke.

- **High Blood Pressure:** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.
- **Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier.
- **Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol.
- **Depression:** If you have felt "down," sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- **Sexually Transmitted Infections:** Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted infections.
- **HIV:** Talk to your doctor about HIV screening
- **Abdominal Aortic Aneurysm.** If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

2009 "COMMUNITY" CPR DATES

Monday, June 15, 2009	5:45PM—9:00PM
Monday, August 31, 2009	5:45PM—9:00PM
Monday, October 19, 2009	5:45PM—9:00PM



The cost for "Community" CPR for 2009 has increased to \$30.00. Professional CPR is now \$45.00 and is good for 2 years. Childcare Providers are now required to have AED training. This will now be included in our presentation. Registration is required at least one week prior to the class date. Payment is also required prior to the night of the class. To register, please call (608)723-6416. The classes will be held at: Grant County Health Department 111 South Jefferson Street 2nd Floor, Lancaster, Wisconsin.

Grant County**Rural Safety Day****Grant County Rural Safety Day**

Thursday, June 18, 2009

Grant County Fairgrounds

Rural Safety Day is designed to provide youth with the skills to keep themselves & their families safe. They will learn how to identify potential hazards, prevent possible accidents & to respond correctly if an accident does occur. It is open to children who have completed 1st grade through 8th grade. For more information, call Grant County Health Department at (608)723-6416.

HEALTH DEPARTMENT CLOSED

The Grant County Health Department will be closed on Friday, July 3rd, 2009 in observance of July 4th. Our office will re-open on Monday, July 6, 2009 at 8:00AM.

**Snacks on the Go**

It's often hard to find healthy snacks when you're on the go, but planning ahead can help keep snacks healthy, safe and convenient. Take a few portable snacks with you to satisfy your hunger between meals. Pre-portion snacks and put them in bags or small containers. Use a cooler with an ice-pack if you plan to take snacks that need to be kept cool for longer periods of time.

Try these simple "on the go" snack suggestions:

Dried fruits or vegetables – Fresh fruits and vegetables can be great on the go too, but sometimes they end up bruised, or soft and spoiled. A small snack bag of dried fruits or veggies still pack the healthy vitamins and minerals in a more portable form.

Crackers – Low fat or whole grain crackers can be a good energy source that keeps you going through the day.

String Cheese – Kids love string cheese because it's tasty and fun to eat. It can be a great snack for adults too! This calcium-packed snack should be kept in the refrigerator when not in use, but it can be out of the refrigerator for a few hours – making it great for a mid-morning snack.

Make sure to read labels on pre-packaged snacks to keep an eye on calories and fat. Be creative and see if you can come up with other snacks that would be great on the go.

For more information on healthy eating, contact UW-Extension's Nutrition Education Program at 723-2125.

**UW
Extension**



Prevent Skin Cancer

Follow these sun-safety tips year-round to help prevent serious skin damage—and possibly skin cancer—later!

- Keep in mind the sun is strongest between 10 am and 4 pm. Stay in the shade whenever possible during this time
- Wear clothing that's tightly woven to block the sun's rays, but be cautious not to expose yourself to too much heat.
- Wear a wide-brimmed hat and sunglasses.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use sunscreen that protects against both UVB and UVA rays. For broad spectrum protection, look for products that contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, use a sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Follow directions and shake the bottle before using.
- Thoroughly rub sunscreen over skin to make sure the coverage is even. Don't forget the neck, ears and lips! For people with thin or thinning hair, apply sunscreen to the scalp as well.



It's a fact: Overexposure to the sun can result in skin cancer later in life. Consider these facts.....

- You can sunburn even on a cloudy day.
- On average, children get 3 times more exposure than adults.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays.

Skin Cancer

—More than 1.2 million new cases of skin cancer are diagnosed each year in the US.

—Melanoma, the deadliest form of skin cancer, kills one person every hour.

—One blistering sunburn can double a child's lifetime risk of developing skin cancer.

Source: Sun Safety Alliance

Health Insurance for Adults

The BadgerCare Plus Core Plan for Adults With No Dependent Children is a limited plan that covers basic health care services, including primary and preventive care and generic drugs to low-income, chronically uninsured adults. The Department will begin accepting applications on **June 15, 2009** and encourages people interested in applying to apply online at:

www.badgercareplus.org.

Once an individual has been approved, their health care benefits will begin on the next available enrollment date (at the earliest would be July 15th) Individuals may wish to consider applying for the BadgerCare Plus Core Plan if they:

- Are a Wisconsin resident between the ages of 19 through 64;
- Are a U.S. Citizen or qualifying immigrant;
- Do not have dependent children, under age 19, living with them and are not pregnant;
- Have a monthly family income at or below 200% of the federal poverty level (\$1,805.00 for a single person and \$2,428.33 for a married couple);
- Do not have health insurance or had access to private or employer subsidized health insurance during the previous 12 months, with a few exceptions; and
- Are not enrolled in or able to enroll in BadgerCare Plus, Medicaid or Medicare.

COLLEGE BOUND?? Get Vaccinated Against Meningitis

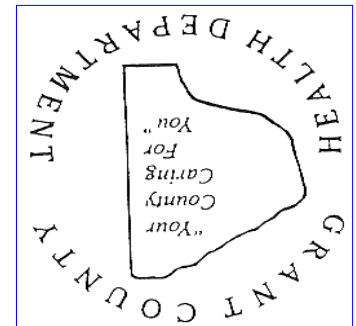


Meningococcal Disease is a life threatening illness caused by bacteria that can lead to meningitis and blood infections. Meningitis is an inflammation of the protective membranes covering the brain and spinal cord.

Anyone can get Meningococcal Disease. The vaccine is recommended for 11-18 year olds and college freshmen living in dormitories. College freshmen, especially those who live in dorms have a slightly higher risk of getting the disease.

The Meningococcal Vaccine that is available protects against four out of five strains of bacteria that cause Meningococcal Disease in the United States. The vaccine is FREE from the Grant County Health Department for 11-18 year olds.

For more information, call the Grant County Health Department at (608)723-6416.



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